

BELMONT-HARRISON CAREER CENTERS



FREE BREAKFAST FOR STUDENTS
ADULT BREAKFAST \$ 2.75

BREAKFAST Menu

JANUARY-MAY 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	FRENCH TOAST FRUIT, YOGURT MILK, JUICE	PANCAKE WRAPS FRUIT, YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	FRUDELS FRUIT, YOGURT MILK	DONUT HOLES FRUIT, YOGURT MILK, JUICE
2	STRAWBERRY or CINNAMON BAGELS FRUIT, YOGURT MILK, JUICE	Breakfast BURRITO FRUIT, YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT YOGURT, MILK, JUICE	CINNAMON ROLLS FRUIT, YOGURT MILK, JUICE
3	ASSORTED MUFFINS FRUIT YOGURT MILK, JUICE	BANANA OR BLUEBERRY BREAD FRUIT YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	PANCAKES FRUIT, YOGURT MILK	ICED DONUTS FRUIT, YOGURT MILK, JUICE
4	PANCAKES WRAPS FRUIT YOGURT MILK, JUICE	Breakfast BURRITO FRUIT YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT YOGURT, MILK, JUICE	CINNAMON ROLLS FRUIT YOGURT MILK, JUICE

Assorted Cereals
 Pop tarts
 Yogurt
 Fruit

DRINKS
 Milk
 Juice

This institution is an equal opportunity provider, employer, and lender.

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19.¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal.²

August 2025						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan

1. NHANES 2013-14.

2. NHANES 2011-2012 and NHANES 2013-2014.